



## **It's more than just food!**

Please read on to discover how the  
**NORTH LAKES** Foodbank can help your school  
with Collective Worship and RE lessons.  
(for more resources go to [www.thefoodbank.org.uk/schools](http://www.thefoodbank.org.uk/schools))

## **Primary School Pack**



# It's more than just food!

## Who are we?

North Lakes Foodbank is a Christian based charity delivered by the Churches of Allerdale and Copeland. It is also part of The Trussell Trust which is founded on Christian principles. We work with people of all faiths and none, but are inspired to do what we do by Jesus' words:

"For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me."

– Matthew 25:35-36

## Why invite North Lakes Foodbank into your school?

We bring:

- 'Collective Worship' Christian based, thought-provoking assemblies.
- Curriculum based RE lessons in line with the 'Cumbria Agreed Syllabus for Religious Education'.
- Help to promote 'British values'.
- A local-based charity promoting community.
- A free resource.

Our schools programme is designed to help pupils to become more aware of the community around them; to help them understand that communities are built on morals and values which we all need to live by, giving us hope that we can all help to make this place where we live a much better place for everyone to be.

### **At the Foodbank we have three core values.**

Compassion – concern, empathy, kindness, consideration, thankfulness and helping of others.

Love – friendship, non-judgement, service and care.

Hope – confidence, expectation, courage and trust.

By teaching, exploring and reflecting on our three core values through the use of thought-provoking assemblies (Collective Worship) & RE lessons, we can help pupils with their personal development. We can encourage them to explore the personal beliefs, ideas, values, morals and experiences which they want to live by, while at the same time respecting the right of others to differ from them (promoting British values).

# What do we have to offer?

## 1. Presentations

### **An Interactive presentation specifically about North Lakes Foodbank.**

- We offer a 15-20 minute presentation explaining the role of the foodbanks in our community including why we need foodbanks, how a foodbank works and the types of food we collect.

The presentation works well as an assembly for either KS1, KS2, or whole primary school.

This presentation is popular during Harvest time when the school is collecting food to be given to Foodbank.

- We also offer a classroom presentation which is more tailored to specific year groups and is much more hands-on (for example, getting pupils to write on sell by dates on the top of tins and sorting food into categories.) The lesson also includes follow-up activity sheets.
- We offer a 15-20 minute presentation explaining the role of the foodbanks in our community including why we need foodbanks, how a foodbank works and the types of food we collect.
- Budgeting Lesson - Unfortunately money does not grow on trees so we need to budget and control our spending on what are our needs and wants. This lesson looks at food choices we make between branded and non-branded food products and how this can affect every day living. It also includes some taste testing and the health issues of branded/non-branded foods.

This lesson is designed for years 5/6.

### **Visiting a Foodbank Centre and Warehouse.**

- See the assembly line in action, the marking, weighing and sorting of tins, how the food is packed and weighed before being shipped out to a centre to be given out.

The visit works well after the presentation above.

The numbers that can visit at one time are limited by space and health and safety consideration. Transport may be required.

### **12 Days of Christmas presentation.**

- We all love getting presents, it tells you that someone cares. But, to get a present, someone has to give a present. This presentation, looks at the importance of giving and why we should give. We also give out information about the 12 Days of Christmas challenge.

Again, this presentation works well as an assembly to either KS1, KS2 or whole primary school.

As we prefer to receive the 12 Days of Christmas food by the beginning of December, this presentation works best during the month of November.

### **Green Foodbank Day.**

- Encourage you pupils to wear something green for a day and donate a tin of food for the privilege.

Make a day of it with lessons and fun activities based around the work of North Lakes Foodbank.

Green Foodbank Day takes place in June each year. More information is given out in January.



Hello, my name is Timmy the Tin of Tuna, and I love coming into schools talking to the children about the work of North Lakes Foodbank. To invite me in, please use the contact details below.

To book an assembly or lesson, please ring Stuart on 07733338352 or email him at [stuart@thefoodbank.org.uk](mailto:stuart@thefoodbank.org.uk). Alternatively you can ring the Foodbank office and leave a message on 01900 823854 or email [info@thefoodbank.org.uk](mailto:info@thefoodbank.org.uk).

## **2. Christian based Assemblies for 'Collective Worship'**

Based on either one, two or all three core values of the North Lakes Foodbank we offer an extensive programme of assemblies.

Each assembly is Bible-based which means the retelling of a Bible story or Bible passage. The thought or theme of the assembly will be challenging and contains a time of reflection & prayer\*. Assemblies are often interactive inviting pupils to volunteer to come to the front to participate in a quiz, game, competition or a drama which are all based on the theme of the assembly. Each assembly will have a link into the North Lakes Foodbank project.

\*Pupils will be given the choice to agree with the prayer by saying 'Amen'

Examples of assembly themes are:

### **Assemblies on Love**

Helping Friends – We all need friends, friends who will help us and friends who we can help.

Bible story – The miracle of Jesus healing the man lowered through the roof by the help of his 4 friends.

Foodbank link – The Foodbank helps those who are in need.

Friendships that help you change – Friendships can help people to change for the better.

Bible story – Zacchaeus, who changes through friendship.

Foodbank link – The Foodbank forms friendships to help make positive changes in people's lives.

Serving others – Showing you care by your serving actions.

Bible story – Jesus washes his disciples' feet.

Foodbank link – The Foodbank shows it loves and cares by serving the community.

### **Assemblies on Compassion**

Feeling Special – You are special no matter who you are.

Bible story – Parable of the lost sheep.

Foodbank link – The Foodbank sees everyone as special no matter what race, religion, gender etc...

Co-operation – We are all different, important and need each other.

Bible story – One body, different parts.

Foodbank link – The Foodbank and other agencies work together to help others.

Caring for others – Caring for others no matter who they are or what they are like.

Bible story – Parable of the Good Samaritan.

Foodbank – At the Foodbank we are always willing to help anyone and to be a friend.

Telling others how you feel – Letting people you trust know how you are feeling.

Bible story – Samuel chooses David to be King.

Foodbank – At the Foodbank we are sensitive to people's feelings.

We are not alone – Being there for each other.

Bible story – God holds the world in his hands.

Foodbank link – The Foodbank is there to help people not to feel alone.

Holding others – Helping others to be strong.

Bible story – Moses holds up his hands.

Foodbank link – The Foodbank supports people to be strong.

### **Assemblies on Hope**

Advice – Following good advice makes you stronger and more hopeful.

Bible story – Parable of the wise and foolish builders.

Foodbank link – The Foodbank advises people where they can go to get help.

Self-worth -We are all valuable.

Bible story – God cares for the birds.

Foodbank link – The Foodbank believes everyone is valuable and special.

Giving up – Don't give up. There is always hope.

Bible story – The miracle of the great catch of fish.

Foodbank link – The Foodbank encourages people to keep going and to not give up.

Who's afraid? – Don't be afraid, there are people who you can trust.

Bible story – The miracle of Jesus calming the storm.

Foodbank link – Many people put their trust in the Foodbank to help them.

Working Hard – Always give your best.

Bible story – Parable of the Talents.

Foodbank link – At the Foodbank we want to help people reach their goals and feel good about themselves.

It's not just about winning – Giving your all.

Bible Story – Parable of Poor Widow.

Foodbank link – At the Foodbank we try our best to help all who come to us.

Encouraging Others – Encouragement can bring success.

Bible story – The walls of Jericho come tumbling down.

Foodbank link – At the Foodbank we try to encourage others to overcome their problems/concerns.

Choices – Who can you trust to help you make the right choices?

Bible story – Peter chooses to follow Jesus.

Foodbank link – At the Foodbank we encourage people to make the right choices.

Safe & Sound – Who can you trust to feel safe and sound?

Bible story – Psalms 139.

Foodbank link – At the Foodbank we want people to feel safe and sound when they visit.

### **Season based Assemblies**

Christmas – A time of giving and hope.

Bible story – The birth of Jesus.

Foodbank link - The Foodbank gives food and hope to people.

Easter – A time to forgive and to start again.

Bible story – The death of Jesus.

Foodbank link – The Foodbank helps people to get back on their feet in time of hardship.

Harvest – Thank you.

Bible story – Feeding of the 5,000.

Foodbank link – The Foodbank is always thankful for its support, donations and volunteers.

Harvest – Sharing.

Bible story - Elijah and poor woman.

Foodbank link – The Foodbank needs people to share their food.

Harvest - Caring and looking out for each other.

Bible story – Ruth and Naomi.

Foodbank – The Foodbank looks after and cares for others.

**Do you have a theme you would like us to cover which is not on our list?** Then just ask, as I am sure we can do something.

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### **3. RE lessons based on the ‘Cumbria Agreed Syllabus for Religious Education’**

All lessons are designed to fit within the ‘Cumbria Agreed Syllabus for Religious Education’. Here is a list of examples, if there is a lesson you would like us to cover but it is not listed below, please just ask.

#### **Foodbank in the Community**

**Interview a Foodbank worker** – Many of the Foodbank volunteers/workers are Christians. Through interviewing a couple of volunteers/workers explore how their Christian faith plays a role in their job and life.

**Working in the Community** – The Foodbank helps around 6,000 a year. Why is **showing care and concern** for our community so important? This lesson looks at the Biblical principle of, ‘**Love Thy Neighbour**’ and the **Bible text** found in Matthew chapter 25 “For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.”

**Harvest** – This lesson looks at Harvest, how Harvest became a Christian Festival and how sharing is an important part of it.

Foodbank link – Harvest is an important time for the Foodbank.

**Christmas 1** – The telling of the Nativity story, exploring the Christian belief that Jesus is God’s gift to the world and why gift-giving is so important.

Foodbank link – At the Foodbank we believe giving and receiving food gifts helps to unite the community.

#### **Parables told by Jesus**

**How Jesus teaches** – Using the story of the **Good Samaritan**, this lesson shows us how Jesus would use stories to teach others. (for example the Good Samaritan teaches Christians to care and love others).

Foodbank link – At the Foodbank we try to follow the teachings of Jesus by caring and loving others.

**Lost Sheep** – This lesson tells the Bible story of the lost sheep and introduces Jesus as the Good Shepherd saying how Jesus looks after and cares for everyone whoever they are.

Foodbank link – At the Foodbank we try to follow Jesus’ example and see everyone as special no matter what race, religion, gender or how we look etc...

**Wise and Foolish Builders** – A story about following good advice. Who do Christians look to for good advice?

Foodbank link – At the Foodbank we try to follow the teachings of the Bible for good advice and wisdom so we can help others.

#### **Jesus’ Miracles**

**Miracles of Jesus** – How do the miracles show us who Jesus is? This lesson uses the story of **Jesus calming the storm** and includes a craft.

Foodbank link – At the Foodbank we trust Jesus to help us with the work we do.

**Feeding of the 5,000** – A simple packed lunch went a long way to help others. This story helps Christians to believe that God provides for their needs. This lesson also talks about the importance of sharing with others.

Foodbank link – At the Foodbank we rely on people sharing their food, time and money with others.

**Man through the roof** – The story of Jesus healing a man after he has been lowered through the roof. This lesson talks about friendships and what makes a good friend.

Foodbank link – At the Foodbank we understand how friendship plays an important role in our work.

**The Great Catch of Fish** – Some of Jesus’ followers had been fishing all night without success until Jesus turned up and restored their hope. This lesson explores how Jesus helps Christians in their faith.

Foodbank link – At the Foodbank we try to help people regain hope in their lives.

**What is special about Jesus?**

***Jesus as a friend*** – This lesson uses the story of **Zacchaeus** to talk about how Jesus was a friend to everyone and what we can learn from the story.

Foodbank link – At the Foodbank, being non- judgemental is really important in helping others.

***Jesus walking on Water*** – Can Jesus do the impossible? This lesson looks at trust, using the story of **Peter walking on water**.

Foodbank link – The Foodbank needs to be seen as a place of trust.

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# Lessons we cover but are not necessary linked directly to the work of The North Lakes Foodbank.

## KS1 Lessons

Lessons are usually 1/2 hour long plus optional worksheet and/or craft which we can do in the classroom or leave for you to do later. However, lesson lengths can be adapted to whatever fits and best works for you.

### Who is God?

**Importance of God** – Looking at Bible descriptions of God (Creator, Father). Why is God important to Christians?

### The Bible

**The Bible** – Why is the Bible a special book?

### Old Testament Stories

**Creation** – This lesson gives an account of the creation story found in Genesis and what Christians can learn about God from nature. (see also **Nature lesson**)

**Noah and the Ark** – A story that gets us thinking about the promises of God.

**Joseph** – A story about the ups and downs of a man named Joseph who always trusted God. Also how forgiving each other is important.

**The Birth of Moses and the Burning Bush** – A story about the early life of Moses and God's plan for his life.

**Moses and the 10 commandments** – This lesson gives an account of the Bible story and how rules play an important part in the life of a Christian and the world we live in.

**God's call to Samuel** – A lesson that uses a story to get us thinking about how God speaks to Christians.

**Jonah and the Whale** – This lesson gives an account of the story.

### Christian Living and Worship

**Church 1** – This lesson looks at how church buildings help Christians in their worship.

**Church 2** – This lesson looks at symbols found inside a church and how they are used in worship.

**Prayer** – What is prayer? And a look at the Lord's Prayer. This lesson also includes the story of **Peter in Prison**.

**Symbols** – An overview of different symbols used in Christianity. (i.e. cross, ichthus)

**Worship in the home** – This lesson looks at how Christians worship in the home and what objects/symbols Christians have/use around the home.

**Sunday Special** – Why Christians have Sunday as a special day of worship.

**Nature** – Using the story of **St. Francis of Assisi** and the Bible story of **Creation**, this lesson looks at how nature plays an important part in a Christian's worship.

**Friendship** – What does the Bible say about being good friends? This lesson looks that the importance of being sorry and forgiveness.

### Other Festivals

**Easter 1** – What is Easter all about? This lesson looks at the Easter story.

**Easter 2** – A look at different symbols associated with Easter.

**Christmas 2** – A look at the traditions of Christmas (i.e. Christmas Trees and lights) and how they help Christians to think about Jesus and God.

**Pentecost** – This lesson looks at the birth of the very first church and how Christians celebrate it today.

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## KS2 Lessons

Lessons are usually an hour long and include at least one worksheet and sometimes a craft. However, lesson lengths can easily be adapted to whatever fits and best works for you.

### Christian beliefs about God.

**God as a Loving Father** – Having never seen God, what is God like? This lesson looks at ‘God as a loving Father’. The lesson includes looking at people’s names and their meanings and the Bible story of **Moses and the Red Sea**.

**Descriptions of God** – A lesson which looks at Bible descriptions of God, such as God as a Father, Creator, Judge, Good Shepherd.

**Holy Trinity** – A lesson which looks at God being ‘three persons’ (Father, Son and Holy Spirit) a concept that many Christians find hard to understand. See also **Pentecost lesson**.

### The Bible

**The Bible** – This lesson gives an overview of ‘The Bible’. How did it originate, what is the Bible all about, how do you use a Bible, and why is the Bible important to Christians? This lesson can be spread over 2 sessions.

### Old Testament

**Creation** – A detailed look at the creation story found in Genesis.

**Moses and the 10 Plagues** – This lesson gives an account of the Bible story.

**Moses and the 10 commandments** – This lesson gives an account of the Bible story. Are the 10 commandments important today and which is the most important?

**Abraham & Isaac** – This lesson gives an account of Abraham having a son Isaac when 100 years old, only to then have to sacrifice him. It also looks at how Christians trust and have faith in God.

**David & Goliath** – This lesson gives an account of the Bible story. It also looks at trust and faith in God.

### Old Testament Characters

**Life of Moses** – This lesson gives an overview of the ‘Life of Moses’ looking at how he felt a failure but God saw him differently and helped Moses to become a Champion.

**Abraham** – This lesson looks at the journeys Abraham made during his life time. It looks at his trust and faith in God.

**David the Shepherd Boy** – This lesson looks at how David was chosen to be the next King of Israel and how being young and small was no barrier. It is what’s on the inside that counts not how we look on the outside.

**Solomon’s Wisdom** – If you could wish for anything in the world, would you choose wisdom? Solomon did.

### Christian beliefs about Jesus

**Who is Jesus?** – This lesson looks at ‘Who is Jesus’. Was he just an ordinary person, a king, a good teacher or God himself? This lesson looks at the evidence and by using the story of Jesus entering Jerusalem on Palm Sunday. We may just find the answer.

**The Temptations of Jesus** – What do Christians learn from the temptations of Jesus that he faced in the desert?

**The Baptism of Jesus** – What is Baptism and why do Christians get baptised? Also looks at the Bible story of Jesus’ Baptism.

**The way Jesus lived on earth** – This lesson focuses on how Jesus could do the impossible and uses the Bible story of Jesus feeding the 5,000 with 5 loaves and 2 fish.

**The Miracles of Jesus** – What is a miracle, what miracles did Jesus perform and why did he perform them?

### New Testament Parables

**Parables that Jesus told** – What is a parable and why did Jesus tell parables? This lesson uses the **parable of the Sower**.

**Lost Sheep** – This lesson tells the Bible story of the lost sheep and introduces Jesus as the Good Shepherd.

**Good Samaritan** – This lesson tells the Bible story of the Good Samaritan and how we need to ‘love thy neighbour’. This lesson can also include writing/acting out a modern version of the story.

## **Worship**

**Silence** – This lesson looks at how silence, stillness and quiet reflection is a form of Christian worship. It uses the Bible story of **Samuel & Eli**. The lesson also talks about Prayer.

**Keeping Sunday special** – With more shops opening on Sundays and more people now working, why do some Christians believe it is important to keep Sunday as a special day of worship?

**Church 1** – This lesson looks at how church buildings help Christians in their worship.

**Church 2** – This lesson looks at symbols found inside a church and how they are used in worship.

**Church 3** – Why so many different types of churches, Baptists, Methodists, C of E, Catholic, Orthodox. Are they all the same thing?

**Church & Community** – For many years the church has always played an important role within the community. This lesson takes a look at this role and how it has changed over the years.

**The Lord's Prayer** – This lesson takes a look at prayer, how to pray and what the Lord's Prayer is all about.

**Communion** – What is Communion, why do Christians celebrate Communion and how does Communion vary amongst the Christian Faith? What might Christians feel and experience while taking Communion?

**Music** – What is Christian music and what role does music play in the life of a Christian?

## **Festivals**

**Pentecost** – This lesson looks at the birth of the Christian Church and the coming of the Holy Spirit which is a part of the Trinity of God and lives inside each Christian.

**Lent** – What is Lent and how do Christians celebrate Lent today? This lesson looks at the Bible story of **Jesus in the Wilderness**.

**Harvest** – This lesson looks at Harvest and that there is more to it than just saying thank you. Harvest is also about sharing. It uses the Bible story of Elijah and the woman.

**Easter:**

**What's so good about Good Friday?** – A look at what events took place on Good Friday using a time clock.

(Yr. 5/6)

**Symbols associated with Easter** – A light-hearted look at the symbols that represent new life and resurrection from the Easter bunny to Easter bonnets and crosses.

**Story of Easter** – An in-depth look at the story of Easter and why Jesus was executed.

**What happened to the missing body?** – An investigative look at what might have happened to Jesus' body?

Did he really come back to life or was the body stolen from the tomb. This lesson looks at the evidence.

(Yr. 5/6)

**Christmas** – A fun look at what is the real meaning of Christmas? And do Christians feel that Christmas is too commercialised and has lost its meaning?

**Last Supper** – A detailed look at the events just before Jesus was arrested and crucified. This lesson also looks at the symbols of the bread and wine.

## **Life as a Journey**

**How do Christians live?** - This lesson invites the class to interview a Christian on how they live their Christian life and what are their beliefs.

**Sermon on the Mount** – What is the sermon and how does it affect Christians today?

**Paul's Journey** – Much of the New Testament was written by a man called Paul. What's his story and journey?

**Disciple** – What does it mean to be a disciple? This lesson looks at the first disciples of Jesus and what is a modern day disciple.

**Friendships** - Using stories from the Bible, this lesson looks at how to form good friendships.

**Death** – This lesson looks at the thoughts and feelings associated with death and religious beliefs on life after death.

**Baptism** – What is Baptism and why do Christians get baptised? Also looks at the Bible story of **Jesus' Baptism**.

**Weddings** – What do Christians believe about marriage and what happens at a traditional Christian wedding?

**Funerals** – What happens at a traditional Christian funeral?

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